**Activity Card Sort UK Version Recovery Version Form B**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Onset \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tester \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Number | **Activity** | **Not Done**  **Before**  **Current**  **Illness or**  **Injury** | **Doing more since illness / injury** | **Continued to**  **Do During**  **Illness or**  **Injury** | **Doing Less**  **Since Illness or**  **Injury** | **Given Up Due**  **to Illness or**  **Injury** |  | Done Previously | **New Activity**  **Since Illness**  **or Injury** | Score | **Comments** |
|  | **Instrumental ADL** |  |  |  |  |  |  |  |  |  |  |
| 1 | Food / Grocery Shopping |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 2 | Shopping for Clothes / Shoes |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 3 | Washing Up |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 4 | Doing the Laundry |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 5 | Gardening / Tending your Allotment |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 6 | Putting the Rubbish / Recycling Out |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 7 | Cooking a Meal |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 8 | Household Chores |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 9 | Performing DIY |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 10 | Driving |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 11 | Vehicle Maintenance |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 12 | Going to the Doctor / Dentist |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 13 | Taking Care of Pets |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 14 | Managing Financial Matters |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 15 | Taking a Rest |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 16 | Going to the Hairdresser / Barber |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 17 | Mending / Repairing Clothes |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 18 | Childcare / Babysitting |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 19 | Working in Paid Employment |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 20 | Preparing a Hot Drink |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 21 | Conducting Personal Care |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 22 | Using Public Transport |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 23 | Conducting Personal Business |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 24 | Taking Care of Others |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 25 | Making your Bed |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 26 | Talking on the Telephone |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 27 | Keeping a Diary / Calendar of Events |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| Number | **Activity** | **Not Done**  **Before** | **Doing more** | **Continued to**  **Do** | **Doing Less** | **Given Up Due** |  | Done Previously | **New Activity** | Score | **Comments** |
|  | **Total Instrumental ADL** |  |  |  |  |  |  |  |  | **Current** |  |
|  |  |  |  |  |  |  |  |  |  | **Previous** |  |
|  |  |  |  |  |  |  |  |  |  | **% Retained** |  |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Number | **Activity** | **Not Done**  **Before** | **Doing more** | **Continue to**  **Do** | **Doing Less** | **Given Up** |  | Done Previously | **New Activity**  **Since Illness**  **or Injury** | Score | **Comments** |
|  | **Low Demand Leisure** |  |  |  |  |  |  |  |  |  |  |
| 28 | Knitting / Needlecrafts |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 29 | Playing Table Games |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 30 | Going to Watch a Sports Event |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 31 | Cooking / Baking as a Hobby |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 32 | Doing Puzzles / Crosswords |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 33 | Using a Computer |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 34 | Taking Photographs |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 35 | Reading a Religious Book |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 36 | Written Communications |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 37 | Reading a Magazine |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 38 | Looking at Photo Albums / Home Videos |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 39 | Researching Family / Local History |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 40 | Watching Films on DVD / Video |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 41 | Reading a Newspaper |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 42 | Watching Nature |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 43 | Gambling |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 44 | Playing Bingo |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 45 | Going to the Cinema |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 46 | Watching Television |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 47 | Listening to the Radio / Music |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 48 | Sitting and Thinking |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 49 | Relaxing / Meditating |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 50 | Entering Competitions |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 51 | Reading a Book |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 52 | Flower Arranging |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 53 | Doing Jigsaws |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
|  | **Total Low Demand Activities** |  |  |  |  |  |  |  |  | **Current** |  |
|  |  |  |  |  |  |  |  |  |  | **Previous** |  |
|  |  |  |  |  |  |  |  |  |  | **% Retained** |  |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Number | **Activity** | **Not Done**  **Before** | **Doing more** | **Continue to**  **Do** | **Doing Less** | **Given Up** |  | Done Previously | **New Activity**  **Since Illness**  **or Injury** | Score | **Comments** |
|  | **High Demand Leisure** |  |  |  |  |  |  |  |  |  |  |
| 54 | Going to the Beach |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 55 | Recreational Shopping |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 56 | Dancing |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 57 | Swimming |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 58 | Indoor Bowling |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 59 | Outdoor Bowling |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 60 | Playing Golf |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 61 | Walking |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 62 | Hiking / Rambling |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 63 | Exercising |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 64 | Riding a Bicycle |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 65 | Going on Holiday / Travelling |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 66 | Attending a Hobby / Leisure Group |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 67 | Going to Gardens / Parks |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 68 | Fishing |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
|  | **Total High Demand Activities** |  |  |  |  |  |  |  |  | **Current** |  |
|  |  |  |  |  |  |  |  |  |  | **Previous** |  |
|  |  |  |  |  |  |  |  |  |  | **% Retained** |  |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Number | **Activity** | **Not Done**  **Before** | **Doing more** | **Continued to**  **Do** | **Doing Less** | **Given Up** |  | **Done Previously** | **New Activity** | Score | Comments |
|  | **Social/Cultural Activities** |  |  |  |  |  |  |  |  |  |  |
| 69 | Visiting Graves |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 70 | Having a Picnic / BBQ |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 71 | Spending Time with Family / Friends |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 72 | Visiting Family / Friends who are Ill |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 73 | Eating Out |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 74 | Going to Parties |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 75 | Going on Outings |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 76 | Going for Drinks at Pubs / Social Clubs |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 77 | Going to Places of Worship |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 78 | Doing Activities with Grandchildren / Children |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 79 | Volunteer Work |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 80 | Voting |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 81 | Being with your Spouse / Partner |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 82 | Cultural Visits |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 83 | Going to Music / Performing Arts Events |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 84 | Studying for Personal Advancement |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 85 | Attending a Night Class / Adult Education Class |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 86 | Attending a Social / Community Group |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 87 | Having a Tea / Coffee with Someone Else |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 88 | Going to a Public Library |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 89 | Being on a Committee |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 90 | Dating / Companion Seeking |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 91 | Entertaining at Home |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
| 92 | Attending Celebrations / Ceremonies |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |
|  | **Total Social Activities** |  |  |  |  |  |  |  |  | **Current** |  |
|  |  |  |  |  |  |  |  |  |  | **Previous** |  |
|  |  |  |  |  |  |  |  |  |  | **% Retained** |  |
| 93 | Sleeping |  |  | 1 | 0.5 | 0 |  | 1 | 1 |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Other Activities** | | | | | | | | | **Not Done**  **Before** | | | **Doing more** | | | **Continued to**  **Do** | | | **Doing Less** | | **Given Up** | |  | **Done Previously** | **New Activity** | **Score** | **Comments** |
|  |  | | | | | | | | |  | | |  | | | 1 | | | 0.5 | | 0 | |  | 1 | 1 |  |  |
|  |  | | | | | | | | |  | | |  | | | 1 | | | 0.5 | | 0 | |  | 1 | 1 |  |  |
|  |  | | | | | | | | |  | | |  | | | 1 | | | 0.5 | | 0 | |  | 1 | 1 |  |  |
|  |  | | | | | | | | |  | | |  | | | 1 | | | 0.5 | | 0 | |  | 1 | 1 |  |  |
|  |  | | | | | | | | |  | | |  | | | 1 | | | 0.5 | | 0 | |  | 1 | 1 |  |  |
|  |  | | |  | |  | | |  | | |  | |  | | |  | | |  | | | | | | | |
| **5 Most important activities (as a focus for rehabilitation goals** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | |  |  | |  | |  |  | | |  | |  | |  | | |  | | | |  | | | | | |
| 2 | |  |  | |  | |  |  | | |  | |  | |  | | |  | | | |  | | | | | |
| 3 | |  |  | |  | |  |  | | |  | |  | |  | | |  | | | |  | | | | | |
| 4 | |  |  | |  | |  |  | | |  | |  | |  | | |  | | | |  | | | | | |
| 5 | |  |  | |  | |  |  | | |  | |  | |  | | |  | | | |  | | | | | |

|  |  |
| --- | --- |
| **Global ACS-UK Scores** |  |
| **GCA:** Global Current Activity (sum total of Current Activity sectional scores) |  |
| **GPA:** Global Previous Activity (sum total of Previous Activity sectional scores) |  |
| **GRAS:** Global Percent Retained (divide global Current Activity score by global Previous Activity score) |  |

**Summary comments and Goals:**

**Therapist’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**